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17 January 1958

MEMORANDUM FOR: Deputy Director of Security
FROM: Career Management Officer
SUBJECT: Report Concerning Certain Techniques in Hypnosis

1. This report is based upon a request by the Deputy Director of Security for information concerning the contact made by this writer with Dr. [REDACTED] during the undersigned's recent visit to California. A separate section of this report includes a suggested program for preparing and training individuals in the use of this technique.

2. Contact was made with Dr. [REDACTED] on 4 December 1957 at his medical clinic in [REDACTED], California. This gentleman had written an article which appeared in the text [REDACTED] by Dr. [REDACTED]. In this article, he set forth information describing the use of a rapid method for the induction of hypnosis. It was the undersigned's intention to contact Dr. [REDACTED] and confer with him regarding certain questions which arose in discussions this writer had with Dr. [REDACTED], SAs, Dr. [REDACTED], Chief, IHD, and CIA [REDACTED]. This was during the time when other hypnotic techniques were being reviewed by these individuals and this writer. Rather than merely covering six basic questions with Dr. [REDACTED], this writer spent approximately three hours with the doctor learning the theory of the technique, its background, case histories, and witnessing an actual demonstration of the technique. So that this report may be concise, the six questions posed to Dr. [REDACTED] will be used to include much of the information covered in this meeting.

A. Since 1954 (the date of the publication of the referred book) have you realized continued success in the use of this rapid induction technique?

ANSWER: Dr. [REDACTED] stated that he has used this technique for approximately fourteen years in his medical practice with over a thousand patients. He advised that he has 857 of these experiences documented. All of his efforts to date have been successful.

B. Are there any groups or individuals utilizing this technique in the eastern part of the United States?

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ANSWER: Dr. [REDACTED] had no knowledge of any such groups or individuals. He explained that he acquired this technique through his contact with a professional hypnotist, [REDACTED]. He has not had any contact with Mr. [REDACTED] for the past three years. The last information [REDACTED] had regarding [REDACTED] was that he was a Chief Petty Officer in the Navy. After this introduction to the technique by [REDACTED], [REDACTED] developed his experience in the use of this technique personally and does not know of any other individual or group utilizing this technique at the present time.

C. How much time do you believe is necessary to master this technique?

ANSWER: Dr. [REDACTED]'s response was that the mechanics of the technique can be mastered in from fifteen to twenty seconds. However, as with so many other techniques, experience and practice lend themselves to refinement and sophistication in using this technique.

D. Is it absolutely necessary to have the cooperation of the patient for successful use of this technique?

ANSWER: In the opinion of Dr. [REDACTED], it is highly desirable to have the cooperation of the patient, and in all of his experiments, people coming to him are in need of assistance and are generally willing to cooperate in order that Dr. [REDACTED] may assist them in answering whatever needs brought them to his office. There are individuals, he added, who demonstrate involuntary resistance to any induction technique. In these cases, where it is found that the technique has been unsuccessful after one, two, or possibly three tries, the individual is "prepared" for hypnosis by use of such drugs as sodium amthal, sodium pentothal, or a new drug which Dr. [REDACTED] is presently using with great success entitled "Baraval." These drugs are administered intravenously, and then the same technique procedure is exercised with these patients.

E. Would you consider training people in this technique?

NOTE: Because of the nature of the response made to Question C, this point was not emphasized in our discussions, but the question was asked Dr. [REDACTED], and his comment reflected his thinking that the actual instruction or training associated with this technique could be confined to seconds or minutes with an individual whose background in psychology or hypnosis would furnish him with the other techniques necessary in inducing a hypnotic state in individuals. He emphasized the fact that

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confidence in the technique and a high degree of proficiency would be achieved through practice and experience.

7. Actually, how dangerous is this technique?

ANSWER: It was the opinion of Dr. [REDACTED] that this technique is completely safe. The doctor formed his opinion as a result of employing this technique in over a thousand cases which involved both sexes and individuals from 2 1/2 to 77 years of age. This opinion was further substantiated by his professional knowledge of the technique. He admitted that if the carotid artery and the vagus nerve were depressed for prolonged periods of time that this would have devastating effects upon the individual. However, in his experiments, in properly utilizing this technique, the individual is in the trance state after approximately six seconds, during which this technique has been used. This is an entirely safe procedure.

3. For [REDACTED]

[REDACTED]

[REDACTED] According to the boy, other than for some slight discomfort, he realized no pain throughout the operation. Dr. [REDACTED] emphasized that the absence of pain could not be attributed solely to hypnosis and that the use of the local anesthetic was a factor. That the anesthetic could be administered to such a sensitive area without pain points up the influence of hypnosis in facilitating the performance of the operation. Dr. [REDACTED] stated that he has used this technique in psychotherapeutic situations involving stuttering, alcoholism, smoking, and masturbation. He has also used this technique in minor operations, as well as on two occasions in Caesarian operations. He has discovered this technique to be completely reliable and highly successful. In cases where individuals have demonstrated certain anxiety or emotional manifestations

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Dr. [redacted] advised that a few light slaps across the face would bring these individuals back in proper perspective.

4. DISCUSSION OF THE TECHNIQUE The technique utilized by Dr. [redacted] is designed to overcome the individual with suggestions after he has been placed in a receptive condition to such strong suggestions. The procedure involves placing the subject in either a sitting or standing position. At this point the individual is encouraged to select a position on the ceiling at which to gaze, and at the same time he is told to breathe deeply for several cycles. The operator's left hand is placed behind the subject's head at the top of the neck to support the head and prevent muscular "linking." The right hand pushes the subject's head back until he is gazing almost directly upward. The operator then presses the right thumb and index finger against the vagus nerve and carotid artery on each side of the Adam's apple, and pressure is exerted with both fingers directly to the rear rather than in any sort of a pincer movement. This is done in order to avoid any constrictions in the subject's breathing. While the right hand is operating as described above, the left thumb and second finger are pressed firmly against the neck just below the mastoid behind each ear. This is also done to produce a slightly detached feeling. While these pressures are being applied, the operator then "pours on" the suggestions. This operation should take from four to ten seconds. The amount of time involved is determined by the point in this process when the individual relaxes completely in the hands of the operator. It is at this point that the pressure is released, and the individual is permitted to recline if he is in a seated position, or he is eased into a chair if he is in a standing position. During this time the operator's fingers remain in their positions for a psychic stimulant to this processing. The suggestions are continued and a deeper trance state is attempted. Also, post-hypnotic suggestions can be presented at this time. If this procedure proves unsuccessful, Dr. Whitlow advised that it should be tried a second and third time, and if there is no success, then the hypnotic drugs, as mentioned earlier in this memorandum, should be used. The purpose of this technique is to permit the operator to "reach" the subconscious of the individual with the greatest success and facility. It is at this point where the usual hypnotic techniques may be utilized to determine such things as the state of the trance. Catalytic tests and the phenomena of regression may be attempted.

5. STAGES IN PREPARATION OF INDIVIDUALS IN THE UTILIZATION OF THIS TECHNIQUE The following is a suggested program offered by this writer for possible use in the development of individuals who would be competent to utilize this technique in furthering the security measures and objectives of this Agency.

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a. Selection of Team Members The primary criteria for the selection of individuals for such a training program would be the determination on the part of each individual that this is a working process. Even though there is a so-called danger factor, they will be able to resolve any such concern in their thinking. This writer, because of his previous experience in hypnosis programs undertaken by the Office of Security, would recommend such individuals as Mr. [REDACTED] and the writer as candidates for such training.

b. Comprehensive Review of the Literature For those on the team who are not completely conversant in articles and texts relating to the phenomena of hypnosis, it is recommended that this be considered the first phase of this training program. With a review of the literature as a background, all team members would have some permanent foundation upon which to base their advanced training. Group sessions should take place during which pertinent or interesting items should be discussed to enrich the background of all concerned.

c. Formal Training For those individuals on the suggested team who have not had formal training by professional hypnotists, this, in the opinion of this writer, would serve a very worthwhile purpose. In dealing with an individual who considers hypnosis as his prime field, instruction can be received on other hypnotic techniques which can be interrelated with this rapid technique to enhance its success.

d. Determination of Assets Following a review of the literature and the formal training in this program, it is recommended that at this point a review should be made to determine what assets should be utilized in this program. For instance, it might be that in order to lessen the resistance of an individual to the hypnotic induction process, the use of subliminal projection may be considered. This technique has achieved success in commercial advertising, as "Eat Popcorn" or "Drink Coke" projected on a screen in certain movie theaters for 1/3000 of a second at five-second intervals. It may be that subliminal projection can also be utilized in such a way as to feature a visual suggestion such as "Goey [REDACTED]" or "Goey [REDACTED]" with similar success.

e. Determination of Objectives It would be at this stage of the programming that clearly defined objectives should be established. With a clear-cut series of objectives, the program will have the clarity necessary so that it will not become merely a pseudo-scientific experiment which will drift

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